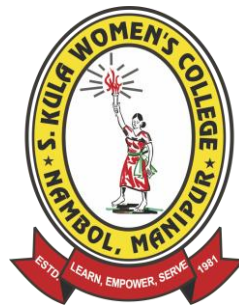


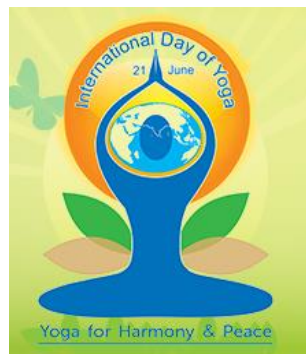
Report on 1st International Yoga Day 2015

Held on 21st June, 2015

Multi- Purpose Hall, S. Kula Women's College, Nambol, Manipur



Organized By: S. Kula Women's College, Nambol, Manipur



Report Prepared by: Dr. S. Bhogendra Singh

Programme Coordinator, 1st International Yoga Day 2015

The 1st International Yoga Day was started according to the scheduled time at 11.00 a.m. Mr. Salam Budhachndra, Secretary, Governing Body, SKWC, Nambol, Dr. K. Basanta Singh, and Dr. N. Joykumar Singh were chief guest, guest of honour, president and Dr. Seram Bhogendra Singh was the Programme coordinator of the 1st International Yoga Day - 2015.

Organising Committee of the Programme is as follows:

Sl. No.	Name of Faculty	Designation
1	S. Chandrakumar Singh Principal	Chairman
2	Dr. S Bhogendra Singh Head, Dept of Sociology	Programme Coordinator
3	Dr. W. Kunjarani Devi Head, Dept of Philosophy	Member
4	M. Surjit Singh Head. Dept of Education	Member
5	L. Bimola Devi Asst Prof, Dept of Education	Member
6	Dr. L. Muhindro Singh Coordinator, Human Rights Study Centre	
7	Dr.I Dinamani Singh Program Officer NSS Unit I	Member
8	Ch Rameshor Singh Program Officer NSS Unit II	Member
9	Ch. Ritu Devi Asst Prof. Dept of Home Science	Member
10	L. Tomba Singh Asst Professor, Physical Education	Member
11	L. Shyam Singh Lab Assistant. Dept of Biotechnology	Member



Dr. L. Muhindro Singh, Coordinator, HRSS, SKWC, giving welcome Address

At the outset of the inaugural function one book-let on “International Day of Yoga 21st June Common Yoga Protocol” published by Ministry of AYUSH, Government of India was also distributed to all the participants. Nearly, 150 participants were participated at the

programme. The inaugural function was concluded with vote of thanks by Dr. I. Dinamani Singh, Programme Officer, NSS Unit-I, S. Kula Women's College, Nambol, Manipur.

Just after the inaugural function, the technical session was started at 12.15 p.m. by Dr. K. Basanta Singh, Medical Officer, AYUSH, District Hospital, Ukhrul, Manipur. And, Dr. Singh talk about the "Role of Yoga in the quality Life of Students and Health Management". Then, Yoga demonstration were shown by Yoga National Players namely, 1. L. Bijayalaxmi Devi, 2. Th. Sunita Devi, 3. Henthoibi Seram 4. Sanathoibi Seram, 5. P.Santa Devi and N. Inaocha Singh respectively. Lastly, a group yoga practice was done by all the participants along with the yoga instructors.



Chief Guest, Guest of Honour, and President were lighting the Inaugural Lamp



Dr. Seram Bhogendra Singh, Programme coordinator 1st International Yoga Day, 2015 delivering Key Note Address at the inaugural function.



M. Surjit Singh, Head, Department of Education giving speech on the Inaugural Function



Dr. K. Basanta Singh, Medical Officer, AYUSH, District Hospital Ukhrul giving Guest of Honour Speech



Mr. Salam Budhachandra, Secy. G.B, SKWC, Nambol giving Chief Guest Speech on the Inaugural Function



Dr. N. Joykumar Singh , Head Department of Manipuri, SKWC, Nambol giving presidential Speech on the Inaugural Function



Dr. I Dinamani Singh, Programme Officer, NSS-Unit-I, SKWC, Nambol giving Vote of Thanks on the Inaugural Function





Group yoga practice along with yoga instructors



Group yoga practice along with yoga instructors

Sd/-
Dr. Seram Bhogendra Singh
Programme coordinator &
Head, Department of Sociology
S. Kula Women's College, Nambol, Manipur